

Smoking Increases Risk of Impotence

USA Center for Health Promotion and Preventive Medicine

Smoking impacts many body systems, including heart, lungs, skin, mouth, and eyes. Increasingly, evidence points to a link between smoking and impotence. Impotence, also called erectile dysfunction, is the inability of a man to maintain an erection for sexual purposes. A study conducted in 2000 of 7,684 Chinese men (average age 47) found the following:

- Men who smoked more than 20 cigarettes daily had a 60% higher risk of erectile dysfunction, compared to men who never smoked.
- 15% of past and present smokers had experienced erectile dysfunction.
- Men who currently – and formerly – smoked were about 30% more likely to suffer from impotence.

Further research has confirmed the connection between smoking and impotence. A 2001 analysis of two decades of data on the smoking prevalence among impotent men found that tobacco use is an important risk factor for impotence. In 2006, an Australian study of 8,367 men reported that smoking increased the likelihood of impotence by 27% and that the more a man smoked, the more likely he would suffer from erectile dysfunction.

Studies have established a link between smoking and impotence. So, how can smoking cause impotence?

- Sexual functioning requires the coordination of several functions in the body. This includes the nervous system (mental stimulation) working in coordination with hormones, and the vascular system which pumps blood into the muscle tissue that maintains the erection. Smoking can affect all these systems.
- Many diseases caused by smoking involve blockage of the arteries, meaning that smoking inhibits the flow of blood throughout the body. Strokes and heart attacks are one result of severe blood flow blockage. Impotence is another result of arterial blockage.
- The greater the length of time spent smoking, the greater the damage to the biological systems that cause impotence.

Keep in mind that smoking is not the only risk factor for impotence. If you are experiencing problems, see your health care provider for a complete medical assessment.

Remember - it is possible to fully or partially recover erectile function caused by smoking just by quitting. So quit today – for your health from head to toe.

For more information, visit:

<http://www.ahealthyme.com/topic/smokingimpotence>

<http://www.sciencedaily.com/releases/2007/07/070727153458.htm>